



recipes
from
The
Collective
Kitchen

Rosie's straight up turmeric banana smoothie



Our Emma's been on board with The Collective since the day we made our very first yoghurt. When asked for a real crowd pleaser recipe, Emma's Straight Up chunky guacamole was the hands down winner!

Alrighty, you'll need:

- 2 dollops* of Straight Up yoghurt
- 2 bananas
- 240ml almond milk
- 1 tsp. turmeric powder
- ½ tsp. fresh ginger, grated
- ½ tsp. cinnamon
- 1 tbsp. honey
- 3 ice cubes
- *dollop = 1 heaped tablespoon

Now you just need to:

1. Add all ingredients to your blender and whizz up!
2. Pour into a glass and sip on for a morning boost.

Rosie's top tip – give your smoothie a tropical twist by adding some pineapple and mango... it'll get you dreaming of warmer places!



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creations

makes
2 glasses

